



## **A MINUTE OF HEALTH WITH CDC**

### ***Stopping Strokes***

*World Stroke Day — October 29, 2016*

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*[Announcer] This program is presented by the Centers for Disease Control and Prevention.*

In the U.S., one person every 40 seconds suffers a stroke. It's the leading cause of disability, and nearly 130,000 people die each year. Hypertension is the leading cause, so controlling your blood pressure can help prevent a stroke.

Recognizing the symptoms and getting immediate treatment can decrease the chance of permanent disability and even death. Among the symptoms are face drooping, arm weakness, and speech difficulty.

If you or someone you know experience these symptoms, call 9-1-1 to get help immediately. Visit your health care provider to see if you're at increased risk for stroke.

Thank you for joining us on a Minute of Health with CDC.

*[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO.*